

## NLRA mobilizes as Isaias hits Newfound

BRISTOL — On Aug. 4, as Tropical Storm Isaias loomed over Newfound, the Newfound Lake Region Association mobilized to gather critical water quality data from the watershed. Collecting water quality data before and after large storm events allows NLRA to track the effects on Newfound, realize areas that are especially threatened, and develop mitigation plans for future storms.

Large storms threaten Newfound with storm-water pollution, erosion and washout, and a decline in water quality. The impact is not only environmental, but social and economic as well. Our homes, roads, and businesses can be as severely affected as our water quality, making the work of storm-water mitigation and other efforts to improve newfound's resilience to large storm events of ut-



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most importance.

After a night of strong winds and some rain brought by the storm, Newfound residents and visitors woke to survey the damage brought by the storm, and the NLRA storm team headed out again to assess changes to Newfound's water quality.

Previous storms, such as the July 12, 2019 storm, have shown that the Cocker-mouth River and the northern end of Newfound experience water quality impacts from larger storm events. For this reason, water quality testing efforts focused on these areas.

While the Cocker-mouth River and its tributaries saw variable results in turbidity (a measure of the amount of sediment in the water), lake clarity declined by a meter or more at

SEE NLRA PAGE A10

## Bristol resident dies in fire

BRISTOL — New Hampshire State Fire Marshal Paul J. Parisi and Bristol Fire Chief Benjamin LaRoche announce that on Aug. 15 at 2:13 p.m., a 911 caller reported that there was a fire in the mobile home located at 25 Nyberg Rd. Bristol Fire and Police units responded to the scene and encountered fire coming out of the front of the residence. The fire was able to be extinguished, however one occupant of the residence was unable to escape and was later pronounced dead at the scene.

The New Hampshire Fire Marshal's Office, and Bristol Fire Department are investigating the incident. An autopsy conducted on Aug. 16 determined that the victim, identified as 65-year-old Barry Lassiter, perished from smoke inhalation.

State Fire Marshal Parisi wants to remind everyone to maintain working smoke alarms in their homes, keep exits clear of debris, have your heating systems inspected and maintained on an annual basis and keep at least a three to five foot clearance around any heating appliance from other combustible materials. If you have any questions about fire safety in your homes please contact your local fire department or the New Hampshire State Fire Marshal's Office.

## The return of sports... and sports coverage

BY JOSHUA SPAULDING  
Sports Editor

REGION — At this point, high school sports are scheduled to return next month, and if all goes as planned, coverage of high school sports in your local Salmon Press newspaper will also be returning.

But just as sports will certainly be impacted by the Covid-19 pandemic, there will probably be some differences in the coverage the papers provide compared to what readers might be used to.

Salmon Press is asking for the help of the local community in pro-

viding the coverage of the teams and athletes that inhabit the schools we cover, which range from Prospect Mountain High School in Alton in the south to Groveton High School in the north.

We are going to do our best to cover as much as we possibly can, but as the fall sports season gets underway, there is just one full-time staffer available to do this.

Which is why we are hopeful that athletic directors, coaches and other community members will be able to lend us a hand.

Athletic directors and coaches have always

played a key role in the coverage we have provided over the years and we are hopeful this can continue.

If you are an athletic director, we hope you continue to work with us by sending us schedules, providing us updates or schedule changes and helping keep us on the same page with the coaches each season.

If you are a coach, we would love to highlight the work that your team is doing and we are available at any time to take phone calls, texts or e-mails with game notes. All coaches are

SEE SPORTS PAGE A10



Researchers Chris Chabot, Ph.D., professor of biology at Plymouth State University (left), and Winsor Watson III, Ph.D., from the University of New Hampshire (right), have found the process used to extract blood from horseshoe crabs, known as 'biomedical bleeding,' triggers a decrease in the oxygen-carrying protein hemocyanin. Lowered hemocyanin levels could cause death or reduced activity and mating, possibly leading to a smaller population of this keystone species. Horseshoe crab blood is used by scientists to test devices and injectable drugs for bacterial contamination, playing a vital role in ensuring potential COVID-19 vaccines in development are contaminant-free.

## PSU researchers discover negative effects of horseshoe crab "bleeding"

PLYMOUTH — Researchers at Plymouth State University (PSU) have found the process used to extract blood from horseshoe crabs, known as 'biomedical bleeding,' triggers a decrease in the oxygen-carrying protein hemocyanin. Lowered hemocyanin levels could cause death or reduced activity and mating, possibly leading to a smaller population of this keystone species.

Horseshoe crab blood is unique and used by scientists to test devices and injectable drugs for bacterial contamination, creating a large

market for this valuable resource. The research team, Chris Chabot, Ph.D., PSU professor of biology, and Meghan Owings, M.S., and Winsor Watson III, Ph.D., from the University of New Hampshire (UNH), hopes these findings will inform new best practices for the biomedical

bleeding industry, which will play a vital role in ensuring COVID-19 vaccines in development are contaminant-free.

"Horseshoe crabs play significant roles in our environment and in medical research, especially now as the scientific community works

SEE RESEARCHERS PAGE A10

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# Would aquatic physical therapy benefit you?

BY ANNA SWANSON  
Pemi-Baker Community Health

**PLYMOUTH** — Aquatic Physical Therapy is physical therapy that takes place in a pool under the supervision of a trained healthcare professional. Aquatic Physical Therapy is also known as aquatic therapy, water therapy, aquatic rehabilitation, aqua therapy, pool therapy, or hydrotherapy. Aquatic therapy continues to grow in popularity as a safe complement or alternative to traditional land-based therapy and it is suitable for children and adults of all ages and fitness levels. You do not need any swimming experience to gain benefits of the water.

Water therapy has been used for thousands of years throughout the world. Consider the following examples:

Ancient Greeks and Romans bathed in hot springs to improve circulation and promote relaxation.

Hippocrates recommended bathing in spring water as a way to treat sickness.

Swiss monks were known to use thermal waters to treat sick or

disabled people in their community.

Japanese hot springs, or onsens, are said to have medicinal effects that include healing chronic pain, treating skin problems, and relieving constipation.

“The biggest benefit of aquatic therapy is that people who are injured, disabled or otherwise not capable of comfortably or safely performing exercises on land can easily do so in the water,” said Kaity Schwartz, PT, DPT for Pemi-Baker Community Health. The natural buoyancy of water reduces stress on the body and helps patients exercise easier with less pain. Plus the natural pressure of water in therapy pools reduces joint and soft-tissue swelling and provides enough resistance to strengthen muscle.

Compared to other forms of physical therapy, aquatic therapy results in a higher client compliance rate and less pain throughout the recovery process. “Any opportunity to significantly minimize the pain a client experiences should be taken seriously because with less pain, a client can enjoy

a higher quality of life,” said Schwartz.

Another important advantage of aquatic therapy is that it can often begin before land-based therapy. For athletes looking to get back into competition, or busy professionals who want to recover from surgery as quickly as possible, this makes a water-based program the natural choice.

Pemi-Baker Community Health’s specialty-trained aquatic therapists will help you reach your goals. They provide safe, hands-on effective, customized care for patients with any of the following:

Difficulty walking or limited weight-bearing capacity

Fibromyalgia, Bursitis, Tendonitis

Extremity injuries which prevent regular conditioning on normal surfaces or in athletic participation

Spinal cord injury, Scoliosis, lower back pain

Arthritis, Osteoarthritis, Rheumatoid arthritis

Total hip/knee/shoulder joint replacements or reconstruction recovery

Pregnancy-related musculoskeletal pain

Cerebral palsy, Parkinson’s disease, Mul-

tiple sclerosis, Stroke, Traumatic Brain Injury

Aquatic therapy is different from aquatic exercise because it is a physical medicine and rehabilitation specialty that requires the involvement of a trained professional. Aquatic Therapy is covered by most insurance providers and you do not have to know how to swim. Common goals of aqua therapy programs include improving flexibility, balance and coordination, building muscle strength and endurance, enhancing aerobic capacity, assisting with gait and locomotion and reducing stress while promoting relaxation.

PBCH’s licensed therapists will meet one on one with you, orienting you to the pool and changing rooms and assisting you around the perimeter of the therapy pool. COVID-19, CDC guidelines are strictly followed with clinicians and clients wearing masks and therapy sessions scheduled to prevent overlapping of clients in the locker rooms. We invite you to come by our facility to view the pool or get more information and photos by visiting our Web site: [www.pbhha.org](http://www.pbhha.org).

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**If you are unable to use the stairs at Pemi-Baker Community Health’s therapy pool, their hydraulic lift will slowly lower you into the shallow end.**

than 1,000 clients from 18 towns in central and northern New Hampshire, Pemi-Baker Community Health is the home care provider of choice for Grafton County. Services include at-home healthcare (VNA), hospice and palliative care, on-site physical and occupational therapy and fitness memberships including a fitness

gym and fitness classes in our 90-degree therapy pool.

PBCH is located at 101 Boulder Point Drive, Suite 3, Plymouth. To contact us please call: 536-2232 or email: [info@pbhha.org](mailto:info@pbhha.org) Visit our Web site: [www.pbhha.org](http://www.pbhha.org) and like our Facebook Page: @PBCH4

## NHEC to hold vote on proposed bylaw amendments to further broadband efforts

**PLYMOUTH** — New Hampshire Electric Cooperative’s (NHEC) Board of Directors has voted unanimously to propose amendments to the organization’s bylaws. These proposed changes would provide NHEC with additional flexibility as it explores various options to ensure its members have access to broadband internet. NHEC members will receive ballots in September for a special

vote on the proposed amendments.

As NHEC has explored various options and opportunities to expand high speed internet access, it has become apparent that the organization’s bylaws do not provide the flexibility needed to enable the Co-op to take advantage of emerging local, state, and federal funding opportunities. While NHEC can provide its members with services and goods oth-

er than electric service, like broadband, the bylaws require a lengthy approval process of the business and funding opportunities for these other goods and services.

Earlier this year, NHEC held its annual election to fill vacancies in the Co-op’s Board of Directors. As part of that election process, a group of NHEC members petitioned to add a ballot question adding “facilitating access to broadband internet for members” as one of the purposes for which NHEC was formed. This ballot question fell just short of achieving the two-thirds necessary for adoption, and NHEC’s founding documents were not amended. The vote that will be held in September is intended to amend only NHEC’s bylaws and does not change the Co-op’s primary focus on providing electric service. The proposed bylaw amendments would have been necessary even if the earlier vote had passed.

NHEC members will be able to vote by mail or electronic ballot on whether the organization’s bylaws should be amended. If the proposed amendments pass, the Co-op will have additional flexibility to enable the Board of Directors to quickly explore and pursue opportunities to provide all members with access to affordable high speed Internet service. These opportunities include applying for local, state, and federal funding, partnering with other organizations, creating an affiliate to provide broadband, or potentially owning and operating a broadband network. The change in the bylaws would allow NHEC to pursue these options with approval from either the Board of Directors or by a member vote, depending upon the details of the opportunity.

“As a democratically

governed cooperative, NHEC’s member-owners have a direct role in setting the Co-op’s priorities,” stated Tom Mongeon, Chair of NHEC’s Board of Directors. “I hope all members will vote in this special election and support the proposed bylaw changes to give the Co-op the needed flexibility to explore all broadband options.”

“The Co-op has been working diligently to explore and evaluate every avenue available to provide members with affordable, reliable, high speed internet service,” said Steve Camerino, NHEC’s President and CEO. “Through that work it is clear that our current bylaws need to be updated to reflect the speed at which opportunities are emerging.”

A special meeting will be held at 10 A.M. on Tuesday, October 20, 2020 for members to receive the results of the vote. Given the current restrictions imposed by the coronavirus pandemic, the meeting will be held via Zoom Webinar. Registration and login information for Co-op members will be provided with the ballot and on NHEC’s website.

The text of the proposed bylaw amendments will be posted on NHEC’s website on or before August 20, 2020 and will be included on the ballots and in ballot-related materials to be mailed to members in September.

About New Hampshire Electric Cooperative

NHEC is a member-owned electric distribution cooperative serving 84,000 homes and businesses in 115 New Hampshire communities. Headquartered in Plymouth, NH, our business is to keep, maintain and service our 5,500 miles of energized line in order to provide our members with the best possible service.

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**Edward Jones: Financial Focus**

**What Does an Unplanned Career Transition Mean for You?**

The COVID-19 pandemic has unsettled the country’s employment picture for months and will likely continue to do so for a while. However, the nature and terminology of this disruption varies greatly among individuals – some have seen their jobs disappear, others have been “furloughed” and still others have been offered an early retirement. If you’re in this final group – those either offered, or feeling forced to accept, an early retirement, how should you respond?

Try to look at your situation holistically, rather than strictly in a short-term manner. Consider these four areas:

- Retirement – What does retirement really look like to you? Are you ready to fully retire or would you like to work part time? Are you confident that you can work somewhere else for a few years before retiring on your own terms? If you’re not certain you can work elsewhere, how can you adjust your desired retirement lifestyle – what you planned to do, where you hoped to live, etc. – to meet your new reality?
- Income – Just how financially affected you’ll be from an early retirement depends on several factors: how much you’ve already saved and invested, whether you’re married and have a working spouse, whether you’ve paid off your mortgage, and so on. In any case, though, you’ll need to answer several questions, including these: Do I need to start taking withdrawals from my IRA and 401(k)? If so, how much can I afford to take out each year without running the risk of outliving my resources? Should I adjust my current investment mix? If I haven’t yet started collecting Social Security, should I do so now, or can I afford to wait until my monthly payments will be bigger? Are there any other sources of income I can leverage? You may want to work with a financial professional to address these and other key income-related issues.
- Insurance – If you received health insurance through your employer, an early retirement could present you with a dilemma, especially if you’re not quite old enough for Medicare. You might be eligible for COBRA, which provides ex-employees and their dependents the option of continued health insurance for potentially up to 36 months, but this coverage can be expensive. As an alternative, you might be able to negotiate an extended severance package, which could provide you with health insurance for several months. Or, you might be able to get on the health insurance plan of your working spouse.
- Legacy – Many people want to take care of their family while they’re alive – and leave something behind when they’re gone. If you take an early retirement, you might lose your employer’s group life insurance. Of course, if this plan was not sufficient, you may have already supplemented it with your own policy, but, if you haven’t, you may need to shop around for some coverage, particularly if you have children still at home. You also may want to take this opportunity to review your key financial accounts to make sure your beneficiary designations still accurately reflect your wishes. Going through an unplanned career transition is certainly challenging. But looking closely at the four areas describe above, and making the appropriate moves, may help you reduce some of the stress and can put you in a better position to start the next phase of your life.

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A SALMON PRESS PUBLICATION  
NEWFOUND LANDING STAFF DIRECTORY

Newfound Landing is published every THURSDAY by Salmon Press, P.O. Box 729, 5 Water St., Meredith, NH 03253.



THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	42 Fairview Lane	Single-Family Residence	\$210,000	Philip J. Stys	Raymond Bouchard
Alexandria	401 Washburn Rd.	Single-Family Residence	\$263,000	Albert Dinatale	Jeffrey D. and Jennifer A. Blake
Ashland	42 Mill St.	Multi-Family Residence	\$60,000	Randy Nolan	Silver Realty LLC
Ashland	River Street, Lot 97	N/A	\$91,533	Barbara VanSickle RET	Ernest J. and Jennifer C. Hanowell
Bristol	66 Jonelle Dr.	Single-Family Residence	\$232,533	Evan M. Cote and Jenna L. Perigny	Jeffrey Lane
Bristol	1356 Worfield Circle	Single-Family Residence	\$190,000	Daniel Paradis Trust and James N. Sessler	Michael A. and Donna L. Gagnon
Bristol	N/A	N/A	\$60,533	Daniel J. Rivanis and Linda Blomstedt	Rossi Fiscal Trust 2017 and Linda Blomstedt
Bristol	N/A (Lot 8)	N/A	\$80,000	Robert G. and Patricia M. Freeman	Beverly A. Darwent Trust
Campton	20 Condo Rd., Unit 1	Condominium	\$110,533	James and Cynthia Keane	Kristian Sanchez and Hope Roth
Campton	1315 NH Route 175	Commercial Building	\$302,800	Andrew and Doreen L. Oesch	Jashiba RT and Palakben Patel
Campton	N/A (Lot 3)	N/A	\$26,000	Walter and Debra Hills	Hannah and Adam Brooks
Groton	Route 118	N/A	\$36,500	Mark and Annette Perry	Adam Perry
Groton	18 Warren Lane	Single-Family Residence	\$150,000	Robert and Barbara B. Lucas	Christopher W. Kidney and Jessica M. Cormlea
Hebron	Fall Hall Road	N/A	\$52,533	David Finnell and Susan L. Shaver	Frederick J. Brooks
Hebron	34 N. Shore Rd.	Single-Family Residence	\$349,933	Elaine P. Crandall	Kelsey & M. Carrigan RET and Kelsey B. Berry
Hebron	N/A (Lot 3)	N/A	\$350,000	GFY RT and Paul E. Sughrue	William T. and Sharon M. Greenwell
New Hampton	74 Sinclair Hill Rd.	Single-Family Residence	\$374,333	Ronald and L.K. O'Callaghan	Laura J. Hubbard and Benjamin N. Cameron
Plymouth	430 Daniel Webster Highway	Single-Family Residence	\$246,000	Arthur J. and Joann Guilmett	Samuel and Maureen Fortier
Plymouth	22 Emerson St.	Single-Family Residence	\$130,000	22 Emerson Street LLC	Michael I. Heitz
Plymouth	87 Ledgeside Lane	Single-Family Residence	\$490,000	Brisson Fiscal Trust and Lorraine B. Brisson	Marie Bryson-Speagle and Glen R. Speagle
Plymouth	3 Maple St.	Single-Family Residence	\$187,000	Guy J. & J.R. Talor RET and Kathryn J. Melanson	Corey Slater and Bailey A. Parent
Plymouth	121 Mayhew Turnpike	Mobile Home	\$70,000	Mark and Debra Guntner	Jason J. Merwin
Plymouth	33 Merrill St.	Single-Family Residence	\$289,533	Chad R. Wellins and Eve R. Block	Martha and Erik W. Burtis
Plymouth	Parker Street	N/A	\$452,000	John H. Noyes Trust and Margaret A. Demos	Sarah D. Parrish RET and Evan P. Kaplan
Plymouth	43 Pleasant St.	Single-Family Residence	\$175,000	Robert C. Rhines RET and Michael Rhines	John A. Mozley and Lisa M. Frost
Plymouth	8 Weeks St.	Single-Family Residence	\$239,533	Michael F. and Joanne Huff	Bradford L. Cardwell
Rumney	95 School St.	Single-Family Residence	\$255,066	Nathan B. Everts	Seth W. and Anna Powers
Rumney	Stinson Lake Road	N/A	\$159,933	Ann Bennett	Rock Foundation LLC
Rumney	1566 Stinson Lake Rd.	Single-Family Residence	\$234,933	Robert R. Donovan	Thomas J. and Amanda L. Lynch
Thornton	Jacobs Lane	N/A	\$28,800	Mountain River Development Association	Paul and Janine Weese
Thornton	161 Mill Brook Rd.	Single-Family Residence	\$170,000	Timothy W. and Laura D. Corbitt	Christina Corbitt
Thornton	Route 175	N/A	\$197,440	William F. Riley and Moira McDermott	James S. Fleming and Natalie A. Medved
Thornton	N/A (Lot 21)	N/A	\$32,533	Bowman Reid RET and Paul A. Reid	Norman Wallace
Warren	332 NH Route 118	Single-Family Residence	\$220,000	Ronald M. and Mary L. Whitcher	Daniel E. Green
Waterville Valley	23 Black Bear Rd., Unit 1212a	Condominium	\$65,000	Jerry Wright	Robert M. and Elizabeth B. Flaig
Waterville Valley	41 Village Rd., Unit 3215	Condominium	\$1,436,000	KW Resort Properties LLC	P.F. Properties Waterville Valley
Waterville Valley	W. Branch Road	N/A	\$1,100,000	Dorothy C. Dibona RET	Patricia S. Gaudette

ABOUT THE REAL REPORT

Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are usually the first listed in the deed. Sales might in-

volve additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at [www.real-data.com](http://www.real-data.com)

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North Country Notebook

Stepping along and swinging the scythenwhere a tractor-drawn mower can't reach



By JOHN HARRIGAN  
COLUMNIST

Old Allie Forbes was wrinkled and bent by the time I came along, but he could still step right along with a scythe. The rhythm of mowing was almost a dance---step and swing, step and swing--and Allie and partner could cut quite a rug.

Allie and his wife lived on one of the seven farms their son Lyman, my boss, said we had to hay that summer, at the dawn of the era when dairy farms had to get bigger to survive. This is how we came to be milking 105, considered a huge number for the times.

"The Rural Electric," as so many people called it for the rest of their lives, changed farming forever when it arrived as part of Franklin Roosevelt's vast New Deal. Not since the invention



This salt-marsh haying photo is thrown in just to startle up-country farmers, who at least never have to contend with tides. (Courtesy Hampton Public Library)



Awash in a sea of bales: Baling the middle row, the last trip around the field for the baler, with the bales now ready to be picked up and piled on a wagon. (Courtesy shutterstock.com)

of the water ram, which made running water possible in milk-house and kitchen, had there been such emancipating change.

Now, with the advent of the cooling and agitating bulk tank, farmers could keep milk fresh until one of the big dairy trucks picked it up.

Allie moved along like a man possessed, not by speed but by great concentration. In his mind, he was mowing good grass that should not go to waste.

Mowing machines were a great invention, coming along after the Civil War in great num-

bers of horse-drawn models, one of the first examples of the economy of scale, an umbrella that helped explain the assembly line. The boys coming home from the first Great World War knew all about tanks, the forerunners of tractors.

Mowing the outside row of a field, the beginning of what would be an ever-dwindling circular routine, was an art-form with horse-drawn mowing machines---you had to have a push-button team that would back up quickly, to get at the biggest odd-shaped patches between bushes and trees--and even then it was impossible to reach all the grass.

Thus, a man like Allie would go along with a scythe to mow every speck of tall grass, and later on a boy or a hired hand would come along and rake the hay into the outside windrow. Labor was cheap, for decades almost cheaper than dirt. Getting every bit of hay made sense.

Allie's place had a big barn on it, the lower floor used to house young stock, and the

two upper floors featuring vast open areas in their middles, used as mows (pronounced like "Wow!") for the storage of hay.

A hay elevator got In this, we often used



Making hay the relatively new-fangled way, in which speed is of the essence. (Courtesy agriculture.com)

the bales from wagon to whoever was piling in the mow. My job was to take away from the elevator, and throw the bales to the two men putting away.

a "dead man," a trick I'd been shown earlier in the season. It was a couple of bales, placed strategically and within tossing distance of the

SEE NOTEBOOK PAGE A8

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STAY STRONG



## CADY Corner

### Answering your child’s tough questions

BY DEB NARO  
Contributor

As your child becomes curious about alcohol and other drugs, he or she may turn to you for answers and advice. Use this opportunity to start an open, honest conversation about drinking and drug use, and to establish or reinforce your rules and the behavior you expect. Because some questions can be difficult to answer, it is important to be prepared. The following are some common questions and answers about underage drinking and other drugs.

“I got invited to a party. Can I go?”

Ask your child if an adult will be present at the party, or if he or she thinks kids will be drinking or using drugs. Remind your child that just being at a party where there is substance use, he or she could get into trouble. Use this time to reinforce your rules about alcohol and drug use and remind your children of the behavior you expect. Let them know they can say “no” or text a family member a code word if in a situation that makes them uncomfortable.

“Why is marijuana bad for me?”

Tell your children that marijuana use in any form is not safe for the growth of their brain. Explain that if children smoke marijuana, they could have issues with attention, concentration, and learning, which could cause them to do poorly in school; and create a lack of balance and coordination, which could increase injury risk when playing sports or driving. Once children hear the facts and your opinions about them, it is easier for you to make rules and enforce them.

“If marijuana becomes legal in my state, why can’t I use it?”

If marijuana is legal for adult use, young people may also have more exposure to the drug. State laws allowing medical or recreational marijuana use for adults could prompt more youths to believe the drug is safe. It’s important to have a conversation with your children and remind them about the drug’s negative impacts on memory, learning, thinking and reinforce your rule of no use.

“What if my friends ask me to try drugs or alcohol?”

Talk with your children about having an “exit plan” if they are offered drugs or alcohol. Peer pressure can be powerful among teens and having a plan to avoid substance use can help them make smart choices. Talk with your children about what they would do if faced with a decision about drugs or alcohol, such as texting a code word to a family member or practicing saying “no” in a safe environment. Work with your child to think of a way to handle this situation, whether it is simply saying, “No, I don’t smoke,” or “I have a game tomorrow,” or “I have to go to work tomorrow.”

For more information about how to talk to your child about drugs and alcohol, visit our website at [www.cadyinc.org](http://www.cadyinc.org). If you, or someone you know, struggles with substance misuse or addiction, please call 2-1-1 or the Doorway at LRGHealthcare (934-8905) for help.



#### Family outing

Mama and her three little bears were caught on camera this week as they enjoyed dining in a field in Wentworth.

COURTESY — RICK DUCHENEAU, SR.

## Sustainable Bristol

BY LAUREN THERIAULT

Believe it or not, school is starting up again soon. This realization happens every August, and is made even more astounding by the fact that schools have been closed for so long due to the pandemic. As a public school employee with a rising Kindergarten, I was thinking of back to school shopping and ways to go about it in a different way this year, and I don’t just mean shopping online.

The first thing you should do, regardless of whether you’re sending your children to school or homeschooling, is shop what you already have. You surely have notebooks, pencils and art supplies at home that you can use. Worried

that old supplies don’t seem as enticing? Spend some time sharpening everything, testing marker freshness and jazz up gently used supplies by putting them in a decorated can or cup. If there are other things on your list that your child needs and you don’t have in your cupboards assess the best way to go about procuring them. Could you find them at a thrift store? Ask a friend if they have any extras of that item that their children no longer use? I am thinking of scissors, calculators, hole punches, pencil cases. Things handed down hold the extra allure of being used by a bigger and trusted friend and extend the life of things that were probably collecting dust.

For other supplies

that you must buy, try to find more environmentally friendly options. Colored pencils instead of markers, wooden pencils and highlighters instead of plastic mechanical pencils or highlighters, notebooks made from recycled paper, items wrapped in paper instead of plastic wrapping. If money allows, buy lunchboxes and backpacks that are made to last for years, instead of replacing once a year.

Did your children grow a few inches in the summer sun? Check out local thrift stores for new clothes before splurging on a whole new wardrobe that they’ll grow out of by November.

For students heading off to college, many of these principles apply. Shop what you have,

your dorm will seem more cozy with well loved blankets and bedding from home, you do not need all brand new sheets, towels and toiletries.

Lastly, pass on what you don’t need to others, donate unused supplies to local families or schools and try your best to recycle what is unusable. I hope everyone enjoys their new and new to them school items and starts the school year off on a happy and healthy foot.

*Lauren’s Back to School Green Tip of the Week: Tape marker tops together in a line, the tops will never get lost and the marker’s life will be extended by having tops secured.*

## Letters to the Editor

### We will bring uncommon sense to Concord

To the Editor:

We are residents of Bridgewater, and are both candidates for the General Court from District 9 in Grafton County.

We have family roots in Bridgewater dating to 1905. We will exercise “uncommon sense” to support our public schools and work to expand alternatives in professional and vocational education that will keep area youths in our towns and in New Hampshire. We will exercise “uncommon sense” to aid in the expansion of rural broadband Internet service so vital in this time and for the foreseeable future. Equally, we call for maximum support for the US Post-

al Service, which is an historical bedrock of our democracy, national commerce, taxes and communication. We will exercise “uncommon sense” to defend our environment and promote all forms of sustainable agriculture and forestry.

Each of us have taught in public higher education for about 50 years. We still teach about security issues at the Naval War College for the last 15 years, where we are adjunct professors on Middle East and Africa. Needless to say, we are both strong supporters of the Constitution and all of its amendments.

We are both beekeepers, and understand the

importance of honey bees and other pollinators threatened by extensive use of pesticides. We will work to isolate those who challenge objective science through misleading and divisive statements. We are members of the Newfound Lake Region Association and supporters of many veterans’ associations since we work for the military. We will exercise “uncommon sense” to embrace all of the diversity that exists in the district, the state and the nation, which is our national strength.

We believe that our national leadership lacks a clear and coordinated policy to protect us from Novel Covid-19;

deaths and infection rates skyrocket, and our economy is dreadfully weakened. Teaching and lecturing about health security (among other existential security issues) and with a university background in biology and anthropology, we bring this to our candidacy. Our teaching experience has often included education with great relevance for today.

Please vote for us older and wiser candidates with fresh faces on the electoral scene in the Democratic Primary on Sept. 8, and in the general election on Nov. 3.

DRS. CAROLYN AND  
RICHARD LOBBAN  
BRIDGEWATER

# ALL WE KNOW IS LOCAL ~ SalmonPress.com





Towns

Alexandria

Merry Ruggiello 744-5383  
merrysunshine51@yahoo.com

Happy middle of August, everyone! Hope your summer is going great, and you've been able to get out and enjoy the wonderful sunny days. I stay close to home most of the time, which is great. It's peaceful and quiet here and not a lot of hustle and bustle.

The Alexandria Volunteer Fire Fighters Association will not be holding their Annual Pig Roast on Labor Day Weekend, for health and safety reasons. We look forward to seeing you next year. Thank you for your patience and understanding.

Conservation Commission Meeting Wednesday, Aug. 26 at 6:30 p.m. in the Municipal Building.

Alexandria UMC

Sunday, Aug. 23, drive-in service begins at 9 a.m.

Sunday, Aug. 23 at 6:30 p.m., there will be an Administrative Council/Church Meeting via Zoom. Discussion will be held when we will return to services in the sanctuary and continuing with Zoom services at the same time. All are welcome, and encouraged to attend. For more information, please contact Pastor Faith at 491-4028 or faithgreene83@gmail.com.

I'd like to give a shout out to Donna Rhodes who is a wonderful friend, and reporter for Salmon Press, but recently laid off. We will miss your stories and photographs, and wish you well in your new adventures whatever they may be.

With that, I'm off on an adventure myself. Have a wonderful week

ahead, be safe, and if you see someone without a smile...give them one of yours!

Bristol

Al Blakeley  
adblakeley0@gmail.com

I know it's only temporary, but according to the weather persons, the cool weather of early this week will give way to yet more hot and humid conditions and very little rain! We certainly need the rain and I hope it is not too far away. Many have expressed they don't remember a summer with this many hot days in a very long time. We sure yearn for them in January and February, but when they finally get here, we would like to take back some of those sentiments, I'm sure!

This Thursday, Aug. 20, another Concert in the Park will be held featuring The Audrey Drake Trio. Concerts are from 6:30 – 8 p.m. at the Concert Pavilion at Kelley Park. Other groups scheduled for the summer include:, Michael Vincent Band Aug. 27 and Studio Two-Beatles Tribute Aug. 29, which is a Saturday. Refreshments will not be available at the park, but you are welcome to bring your own, remembering that no alcoholic beverages are allowed and please carry out your trash. Please respect protocol.

Notice to all Bristol/Newfound alumni! The Blakeley-Mills Newfound Regional Scholarship Foundation will hold it's annual 'Donate Your Age' fundraiser from Sept. 1 until Dec. 31. All alumni and interested parties are encouraged to donate your age to this worthwhile scholarship endowment effort. I am very proud to be associated with this non-profit to bring about scholarships for

our graduates. To date, our foundation has raised over \$60,000 since its inception in 2017 and has awarded over \$11,000 to 16 graduates. During this campaign, \$10,000 in matching funds has been made available. You may make a donation by logging on to www.newfoundalumni.com/donations at any time or mail your donation to: Blakeley-Mills Newfound Regional Scholarship Foundation, Inc., PO Box 691, Bristol, NH 03222.

Don't forget to purchase your copy of "Bus and Wink: Adventures of Youth, Stories Told Around the Campfire" by Timothy W. Tapply, Wink Tapply's grandson. I've heard the humor is unmatched and worthy of some attention. Proceeds from these book sales will aid the outdoor missions of the Slim Baker Foundation and the TTCC. Information about the book can be found at: https://ttccrec.org/special\_programs/bus-and-wink/.

I have had the occasion to look through yearbooks from Newfound high schools in the recent past and I always used to have such happy thoughts while doing so, but this past time, although those happy thoughts were still there, I was struck by the fact that many of the people that help make such great memories through those 37 wonderful years are no longer with us. It is inevitable, of course, but as I grow older, I am starting to recognize our vulnerability and it sparks a tinge of sadness. I guess it helps renew my joy when I am greeted by "Hello, Mr. Blakeley" when a former student recognizes me and bothers to offer a greeting. I look forward to many more. Have a good week!

Danbury

Donna Sprague  
huntoonfarm@myfairpoint.net

The last week of NH Eat Local Month is upon us.

Good Enough Farm on Walker Brook Road announced that their peaches are ready. Of-fabrit Farm has some aged goat cheese ready for sale. The Danbury Grows Gardens are producing throughout town. Stop by to see what is growing, grab a few things for yourself or share with someone else. Huntoon Farm still has openings for their farm to fork event at the farm on Sunday, Aug. 30. People have the choice to be seated outside under a tent or have the meal available for takeout. In case of rain, all meals will be packaged to take home. Local farms keep our lands rural by preserving open space and contribute to the economy. Support local and sustain yourselves and our community.

Grange and Community 2020 Celebration

Danbury residents should look in their mail for a flyer about the socially distanced community celebration on Saturday, Sept. 12. The letter includes details and registration forms for the yard floats/displays. Breakfast sandwiches will be available in the morning, with lunch from 11 a.m. to 1 p.m. or gone. The lunch will be a burger or hotdog, chips, cookie and water. Free maps of yard display locations will be passed out from 8:30 a.m.-1 p.m. The map will contain a voting slip. For a chance to win one of four cash prizes, viewers check out the displays, vote for their favorites and then return the ballot to the grange hall. Winning displays also win a \$25 cash prize in one of four categories.

Churches

Plymouth Congregational UCC

YOU ARE INVITED to join Pastor Mike Carrier on Sundays at 9:30 a.m. on Facebook Live. The Sunday Bulletin for this service as well as videos and Bulletins from past services can be found on our church's Web site at www.uccplymouth.org.

In order to protect everyone's health and safety, we have made the decision to suspend all gathered worship services and meetings until further notice.

How do I access the church's Facebook Page? You can find our Page by searching for "Plymouth Congregational United Church of Christ Plymouth NH." "Like" the Page and you will receive notifications when the weekly service goes live! Missed something? Scroll down to the date of the service or program you missed. It is all there!

Feeding Our Children Together

Beginning at the start of this school year, we will provide 3,000 calories to feed insecure children in the Head Start Program and to Plymouth Elementary School so they will have enough to eat over the weekend. We are currently working with our partners to support the needs of these children.

s

PCUCC is a vibrant community of faith that is welcoming, theologically progressive, socially liberal, open and affirming, inclusive and enthused about sharing Christ's love with the world. Please visit our Web site at www.ucplymouth.org.

Starr King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fellowship, 101 Fairground Rd., Plymouth, is a multigenerational, welcoming congregation where different beliefs come together in common covenant. We work together in our fellowship, our community, and our world to nurture justice, respect, and love.

THIS WEEK AT STARR KING:

Sunday, Aug. 23

Our Summer Services continue with: Meaning Making

What give your life meaning? Has the meaning changed due to the Pandemic?

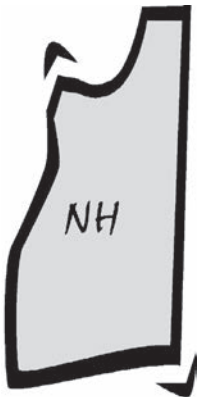
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Please contact Executive Editor

Brendan Berube at (603) 279-4516, ext. 111

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# Harold Lloyd stars in “Why Worry?” at Flying Monkey



COURTESY  
Harold Lloyd has big shoes to fill in “Why Worry?” (1923), to be screened with live music on Wednesday, Aug. 26 at 6:30 p.m. at the Flying Monkey Moviehouse and Performance Center, 39 S. Main St., Plymouth. General admission \$10 per person. For more information, visit [www.flyingmonkeynh.com](http://www.flyingmonkeynh.com) or call 536-2551.

PLYMOUTH—He was the bespectacled young man next door whose road to success was often paved with perilous detours.

He was Harold Lloyd, whose fast-paced comedies made him the most popular movie star of Hollywood’s silent film era.

See for yourself why Lloyd was the top box office attraction of the 1920s in a revival of “Why Worry?” (1923), one of his zaniest comedies.

“Why Worry?” will be screened with live music on Wednesday, Aug. 26 at 6:30 p.m. at the Flying Monkey Moviehouse and Performance Center, 39 S. Main St., Plymouth. General admission \$10 per person.

The screening will feature live accompaniment by Jeff Rapsis, a New Hampshire-based composer who specializes in creating scores for silent films.

Lloyd’s go-getter character proved immensely popular throughout the 1920s, with fans following him from one adventure to the next.

In the political satire “Why Worry?” Harold plays a wealthy hypochondriac traveling abroad who gets caught up in a local uprising.

Thrown into prison, Harold is forced to use his wits to escape and rescue his nurse from the clutches of an evil Revolutionary.

Regarded as one of Lloyd’s most surreal movies, “Why Worry?” features a cast that includes an actual real-life giant—eight-foot-tall John Aasen, discovered in Minnesota during a national talent search.

Rapsis will improvise a musical score for “Why Worry?” as the film screens. In creating accompaniment for the Lloyd movies and other vintage classics, Rapsis tries to bridge the gap between silent film and modern audiences.

“Creating the music on the spot is a bit of a high-wire act, but it contributes a level of energy that’s really crucial to

the silent film experience,” Rapsis said.

At the reopened Flying Monkey, accommodations will be made to keep patrons safe in the Covid-19 era.

Face-coverings are required to enter the theater, and should remain on at all times until movie-goers take their seats. Capacity will be limited to 50 percent; audience members are asked to observe social distancing in choosing seats.

“These comedies were designed to be seen with an audience, and it’s totally safe to do so,” said Rapsis. “Plus, we need all the laughs we can get, which makes a film titled ‘Why Worry?’ particularly timely.”

“Why Worry?” continues a monthly series of silent film programs at the Flying Monkey that include comedy, plus drama, horror, and an unusual Russian documentary. On the schedule:

- Wednesday, Sept. 30 at 6:30 p.m.: “Man With A Movie Camera” (1928). Russian director Dziga Vertov’s celebration of daily life in the Soviet Union. Experimental documentary with no story and no actors, but filled with eye-popping visuals that anticipate later music/image films such as “Koyaanisqatsi.”
- Wednesday, Oct. 28 at 6:30 p.m.: The original “Nosferatu” (1922). Celebrate Halloween by experiencing the original silent film adaptation of Bram Stoker’s famous “Dracula” story. Still scary after all these years—in fact, some critics believe this version is the best ever done, and has become creepier with the passage of time.
- Wednesday, Nov. 18 at 6:30 p.m.: “Broken Blossoms” (1919). Can two outcasts in Edwardian London find peace and happiness in a cruel world? Will Lillian Gish overcome her abusive father? Can Richard Barthelmess find love in a forbidden relationship? Great D.W. Griffith drama, with stellar performance from iconic silent actress Gish.
- Wednesday, Dec. 30 at 6:30 p.m.: Planes, Trains

and Monty Banks. Rediscover forgotten silent comedian Monty Banks, born «Mario Bianchi» in Italy. In “Flying Luck” (1927), hapless aviator joins the U.S. Army Air Corps, with hilarious results. Preceded by an excerpt from “Play Safe” (1927), a hair-raising chase sequence set aboard an out-of-control freight train.

“Why Worry?” will be shown with live music on Wednesday, Aug. 26 at 6:30 p.m. at the Flying Monkey Moviehouse and Performance Center, 39 S. Main St., Plymouth. General admission \$10 per person. For more info, visit [www.flyingmonkeynh.com](http://www.flyingmonkeynh.com) or call 536-2551.

For more info on the music, visit [www.jeffrapsis.com](http://www.jeffrapsis.com).

2020 Salmon Press

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**NO ADS CAN BE ACCEPTED ON MONDAYS**

**THANK YOU!**

### Notebook

FROM PAGE A3

elevator’s business end. If you could toss a bale accurately---and as a tall and strong teenager, I could---it hit the dead man just so, and went tumbling to the crew piling away.

With a good crew working as one, a hay wagon cold be unloaded as fast as the man putting the bales onto the elevator could move. In this case it was Harold Phillips, and he was fast.

+++++

One of Old Allie’s chores was to haul pails of water from an outside spigot to a calf-pen in the barn, but he was tucked out from mowing, and the job fell to me.

Allie sat in a rocker on the porch, and watched me haul water. “That boy walks like a farmer,” he said to someone, loudly enough for me to hear.

“Little does he know,” I thought, envisioning the jobs friends and family and I thought likely back then---game warden, factory worker, sporting camp handy-man and guide.

“Little did he know,” I found myself thinking much later in life, when there I was, working away in a barnful of cows.

*(Please address mail, with phone numbers in case of questions, to campguyhooligan@gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)*



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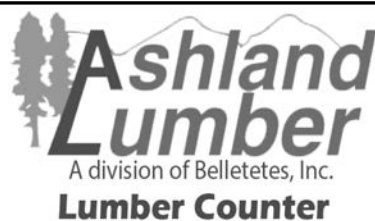
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Leading Pre Engineered Metal Building Co.



This is a full time position in our Ashland Lumber store. Duties include assisting customers and contractors with product selection and order entry. Minimum 2 years experience in the building industry. Basic computer skills required. Excellent customer service skills a must. Will be required to work some Saturdays and Sundays. Saturday hours 7:30 - 5:00 pm and Sunday 8:00 am to 2:00 pm.

You may apply in person or download an application from our website. All applications should be submitted to:

Dan Uhlman, General Manager  
20 West Street, Ashland, NH 03217  
or you may email to [duhlman@belletetes.com](mailto:duhlman@belletetes.com).

►Competitive Wages ►Paid Vacation ►Paid Holidays ►Paid Time Off  
►Health Insurance ►Profit Sharing ►Store Discounts ►Much More!



## Yard Customer Service

This is a full time position in our Ashland Lumber yard. Duties include assisting customers and contractors locate and load materials, help receive incoming shipments and pick loads for delivery trucks. Fork lift experience preferred. Heavy lifting is required and excellent prior work history a must. Weekend hours required on a rotating schedule.

You may apply in person or download an application from our website. All applications should be submitted to:

Dan Uhlman, General Manager  
20 West Street, Ashland, NH 03217  
or you may email to [duhlman@belletetes.com](mailto:duhlman@belletetes.com).

E.O.E.

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## NOTICE

## ALEXANDRIA RESIDENTS

The Supervisors of the Checklist will be in session at the Alexandria Town Hall on Saturday, August 29, 2020, from 11:00 to 11:30 a.m. for additions and corrections to the checklist. Last day for supervisors to accept voter registration applications. No additions or corrections shall be made to the checklist after this session, until State Primary Election Day on September 8, 2016. No party changes will be accepted at this time.

George Whittaker  
Suzanne Cheney  
Loretta Brouillard

## Building Inspector/Code Enforcement Officer for Town of Plymouth

The Town of Plymouth is seeking applicants for our part-time Building Inspector/Code Enforcement Officer position for 16-20hrs/wk. The ideal candidate will be familiar with building construction, plan review, zoning ordinances, and be able to interact diplomatically with contractors, residents, and colleagues.

The position is responsible for code enforcement, inspecting residential and commercial buildings, alterations for compliance with Town, State, and Federal codes and regulations, and ensure that applicants meet building codes.

Candidates with a professional background in electrical, plumbing, heating, and mechanical trades would be a plus.

Salary is commensurate with experience with a range up to \$20,000.

For additional information related to the position contact the Town of Plymouth at 603-536-1731.

Applications may be obtained on the town website. Application or resume with cover letter can be mailed to the Town of Plymouth, Attn: Kathryn Lowe, Town Manager, 6 Post Office Square Plymouth, NH, 03264 or emailed to [townadmin@plymouth-nh.org](mailto:townadmin@plymouth-nh.org)

Resumes will be reviewed as they are received, and preliminary screening interviews will be scheduled as qualified candidates are identified.

Applications will be accepted until position is filled.

It is anticipated interviews will begin the week of September 1 and the successful candidate will take office as of October 5, 2020.

Organization: Town of Plymouth  
Type: Employment  
Post Date: Wednesday, July 15, 2020  
Close Date: Until position is filled  
Salary: 20,000

## CAMPTON ELEMENTARY SCHOOL

Campton, NH 03264

2020-2021 School Year  
(1 year position)

## Part-time 2nd Shift Custodial Position 5 hours per day \$12.00 per hour

Interested candidates please send  
letter of intent and resume to:

Frank McCann, Facilities Manager  
Campton Elementary School  
1110 NH Rte. 175  
Campton, NH 03223  
[fmccann@pemibaker.org](mailto:fmccann@pemibaker.org)

Position open until filled.

## Framers and Laborers Wanted

Wallace Building Products is a successful and growing manufacturer of building products for the construction industry. We seek full-time Framers and Laborers to join our team in Danbury NH.

This position will work with other employees to build rough -framed walls for the construction industry in a shop environment. Framing experience is a plus, but we will train.

Apply in person at 1525 US Rte 4 in Danbury NH  
Or call 768-5900 to set up an appointment

## HELP WANTED Waitstaff Wedding Coordinator



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# Join the SLA for early bird sunrise guided hike

HOLDERNESS — Join the Squam Lakes Association (SLA) on a sunrise hike along the Mount Morgan- Mount Percival loop on Friday, Aug. 28, from 4:30 - 8:30 a.m. After braving the early start time, you will experience the serene beauty of the first light hitting the Squam Lakes Watershed, an indescribable experience. Lakes Region Conservation Corps (LRCC) AmeriCorps member, Jack Van Etten, will lead the hike, serving as a guide and

answering questions about the watershed, plants and animals, the workings of the LRCC and the SLA, and anything else that may come to mind. While sunsets are beautiful throughout the area, sunrises can prove to be more striking and often receive much less attention. The bald cap of Mount Morgan faces southeast, and is the perfect place to watch a day begin. Join Jack as you bring in the day with a 5.2 mile hike that offers

views, satisfaction, and the opportunity to truly start your day out with a bang. This hike does cover moderate terrain, so the program is only available for ages 12 and up and those able to hike a trail up, over, and down a mountain in low-light settings. Registration is required. For more information, or to sign up for this Adventure Ecology program, visit the SLA Web site (squamlakes.org) or contact the SLA directly at 968-7336. The

SLA also offers other Adventure ecology programs throughout the year. These free programs are open to the public and cover a variety of nature and conservation related topics. The Adventure Ecology programs are presented by the LRCC AmeriCorps members at the SLA who perform important conservation work in support of the SLA's mission.



## Researchers

FROM PAGE A1 towards an effective COVID-19 vaccine,” said Chabot. “But it is critical that their role in medical research does not disrupt their natural role as a keystone species. Our research provides key insights about biomedical bleeding’s impact on horseshoe crab behavior and health, which we hope will influence harvesting practices to ensure the wellbeing and survival of the population and the ecosystems in which they live.” Chabot first joined the faculty at PSU in 1992, and has been studying horseshoe crabs for near-

ly 20 years. He serves as a member of the editorial board for the Journal of Circadian Rhythms. Over the years, Chabot has secured nearly \$2 million in grant funding to support his research, which has been published 35 times. The biomedical bleeding process exposes horseshoe crabs to several stressors; they spend a significant time out of water; they are exposed to much warmer temperatures, and they lose up to 30 percent of their blood volume. For this study, the PSU and UNH research team collected 48 male horseshoe crabs in 2016 and 63 fe-

male horseshoe crabs in 2017 at Fox Point in the Great Bay Estuary in Durham, New Hampshire. Throughout the study, researchers exposed a subset of the horseshoe crabs to all three stressors caused by the biomedical bleeding process (air exposure, heat and bleeding). Other subsets of horseshoe crabs were only exposed to one or a combination of two stressors; a separate subset served as the control. The horseshoe crabs were monitored for two weeks in the lab after two days of exposure. Based on the data, Chabot and the research

team concluded the full bleeding treatment (air exposure, heat and bleeding) had the largest effect on mortality and hemocyanin levels. Although horseshoe crabs can rapidly regain most of their blood volume, it takes much longer for them to replace lost hemocyanin. Lower hemocyanin levels impair the animals’ ability to obtain and circulate sufficient oxygen, potentially leading to reduced activity or death. The team analyzed the data and determined horseshoe crabs with a baseline level less than 13 milligrams per milliliter (mg/mL) were the most likely to die or to be impaired by the bleeding process. Of the horseshoe crabs that died, most did so within two days of exposure. The team also learned hemocyanin levels tend to decrease while horseshoe crabs are held in captivity. Additionally,

horseshoe crabs’ hemocyanin levels are lowest in May and June and highest in August and September. Females were also found to have lower hemocyanin levels, which could be due to the energy needed to produce eggs and to make several trips to spawning beaches; therefore female horseshoe crabs are more negatively impacted by the biomedical bleeding process than males. The research team used the data to develop several recommendations for biomedical bleeding facilities to help ensure the safety and survival of horseshoe crabs: Organizations should return horseshoe crabs to their natural environments as soon as possible. Teams should be mindful of timing, harvesting female horseshoe crabs in months

when their hemocyanin levels are highest, aiming to make the bleeding process less detrimental to their health. Biomedical bleeding facilities should take blood samples before bleeding and only proceed with bleeding the animals that have healthy hemocyanin levels (higher than 13 mg/mL). Facilities should use high-quality water and frequent feeding to maintain the animals’ health before and after bleeding. This research was recently published in Fishery Bulletin, a quarterly peer-reviewed scientific journal published by the National Oceanic and Atmospheric Administration (NOAA). For more information about Plymouth State University, visit [www.plymouth.edu](http://www.plymouth.edu).

# “Mom is safe at Forestview Manor.”

Now I can enjoy her without worrying.”



**MOVE IN WITH CONFIDENCE.** We have remained COVID-19 free and have fine tuned our safety and infection control procedures while not skipping a beat in doing what we do best—keeping residents not just safe but happily engaged.

**LIMITED AVAILABILITY!**

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Ask about our **MOVE IN SPECIAL of \$400/mo** off for a full year if you sign by September 30!

Not ready for a permanent move? Our special **Respite Rates**, starting at only \$110/day, are a risk-free way to try our community. We know you'll like it!

**MEMORY CARE ASSISTED LIVING**  
153 Parade Road, Meredith, NH  
[www.ForestviewManor.com](http://www.ForestviewManor.com)





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that the sports coverage will be a little different, but we believe if we all work together, we can help to highlight local athletes and teams at the 19 different schools in our coverage area. Of course, we also know that each school will choose to handle sports differently this fall, and we will do what we can to make sure everyone is aware of how things are being handled. And of course, if there's an event going on that you want publicized ahead of time or if there's something you think we might be inter-

## Sports

FROM PAGE A1 invited to make contact with information about what their team did after each game or once a week with an update on the games that took place the previous week. If we are at a game, we'd be happy to talk right after the contest as well. And finally, if you are a community member or parent who attends a lot of games and who takes pictures, we'd be interested in using some of your pictures to help supplement the coverage of the local teams. There is no question

## NLRA

FROM PAGE A1 sampling sites. This is likely from the combination of being close to the Cackermouth delta while also taking heavy wave action. Other larger storms

have caused a much more pronounced impact in water quality, but fortunately Tropical Storm Isaias had little water quality impact to the Newfound area. The impacts from wind however, knocked out power for many Newfounders, and wave action and wind impacted private

property around the lake. NLRA continues to implement programs and initiatives to lessen the impact of large storms, and their storm team remains ready for when the next big one hits. Learn more about Newfound's water quality at [newfoundlake.org/waterquality](http://newfoundlake.org/waterquality).

ested in covering, please let us know. We can't cover it if we don't know about it.

Sports Editor Joshua Spaulding can be reached at [josh@salmonpress.news](mailto:josh@salmonpress.news) at any time, and we look forward to seeing teams on the fields, courts and courses over the next few weeks.

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or [josh@salmonpress.news](mailto:josh@salmonpress.news).

The National Domestic Violence

# HOTLINE

1.800.799.SAFE (7233) • 1.800.787.3224 (TTY)

[WWW.THEHOTLINE.ORG](http://WWW.THEHOTLINE.ORG)